

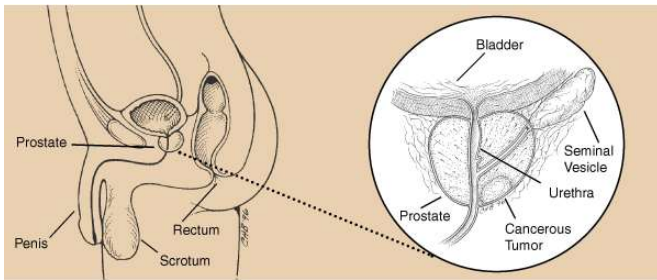


Prostate Cancer

THE PROSTATE

The prostate gland is only found in men and is located in front of the rectum and under the urinary bladder. The function of the prostate is to make fluid that nourishes sperm cells in semen. Just behind the prostate gland are seminal vesicles that make the fluid for the semen. The tube that carries urine and semen out of the body, and travels through the prostate, is called the urethra.

Figure 1: Anatomy of the Prostate



Source: American Cancer Society

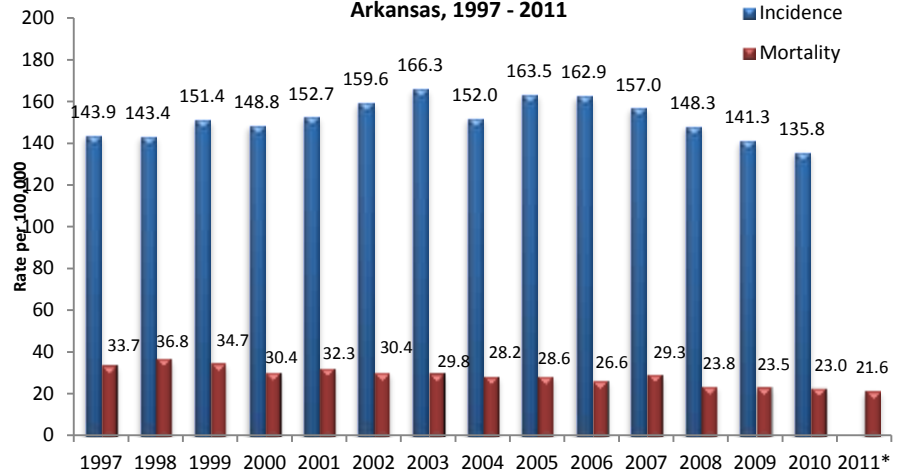
PROSTATE CANCER

There are several types of prostate cancer but the most common form occurs in the gland cells (adenocarcinomas). The gland cells function to produce fluid that is added to the semen. Most adenocarcinomas grow slowly, but some grow quickly. Autopsy studies show older men who died of another disease also had prostate cancer that never affected them during their lives.¹ Other types of cancer can also start in the prostate gland, including sarcomas, small cell carcinomas, and transitional cell carcinomas. These are considered rare forms of prostate cancer.

RISK FACTORS

Well-established risk factors for prostate cancer include age older than 65, being African American, and a family history of the disease. Black men are more likely to develop prostate cancer than whites, but the reasons remain unclear.² According to the most recent findings in the Arkansas Cancer Facts and Figures report, Black men are nearly three times (2.8) more likely to die from prostate cancer than whites.³ Studies have also shown diets high in processed meat or dairy

Figure 2: Incidence and Mortality of Prostate Cancer, Arkansas, 1997 - 2011



Source: Arkansas Central Cancer Registry & Health Statistics Branch
*2011 Incidence data not available as of 9/3/2013

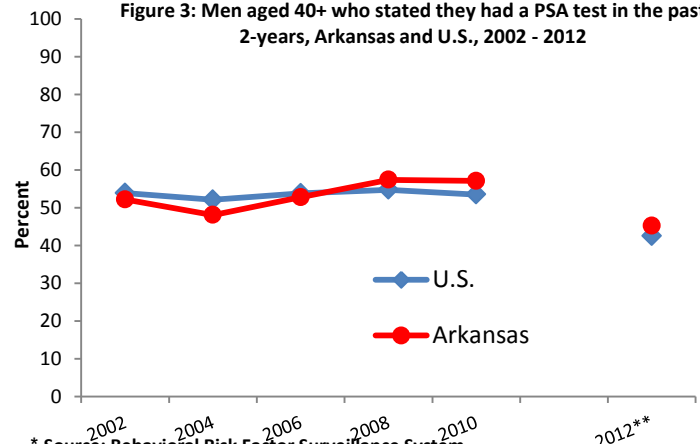
foods may increase risk, and obesity appears to increase risk of aggressive prostate cancer.

SIGNS AND SYMPTOMS

Early stages of prostate cancer do not cause any obvious symptoms, but as the cancer progresses common symptoms include:

- Weak or interrupted urine flow;
- Inability to urinate or difficulty starting and stopping urine flow;
- Need to urinate frequently, particularly at night;
- Blood in urine; and
- Pain or burning with urination.

Figure 3: Men aged 40+ who stated they had a PSA test in the past 2-years, Arkansas and U.S., 2002 - 2012



* Source: Behavioral Risk Factor Surveillance System

** BRFSS 2012 data should be considered a baseline year and is not directly comparable to previous years because of changes in weighting methodology and addition of cell phone sampling.



Prostate Cancer

WHY IS IT IMPORTANT?

Other than skin cancer, prostate cancer is the most frequently diagnosed cancer in men and is the second leading cause of cancer death in men, behind lung cancer.^{2, 3}

HOW BIG IS THE PROBLEM IN ARKANSAS?

Since 2003, incidence rates of prostate cancer in Arkansas have declined, see Figure 2. Death rates from prostate cancer have also decreased. It has not been determined if early detection of prostate cancer has resulted in the decline of death rates, or if it is caused by something else, such as improved treatment.¹ In Arkansas, most prostate cancers are diagnosed at early stages of disease, see Figure 4.

A total of 2,207 men in Arkansas were diagnosed with prostate cancer in 2010, and 290 died of prostate cancer in 2011. The median age at diagnosis for prostate cancer among men in Arkansas from 2004 – 2008 was 68 years.³

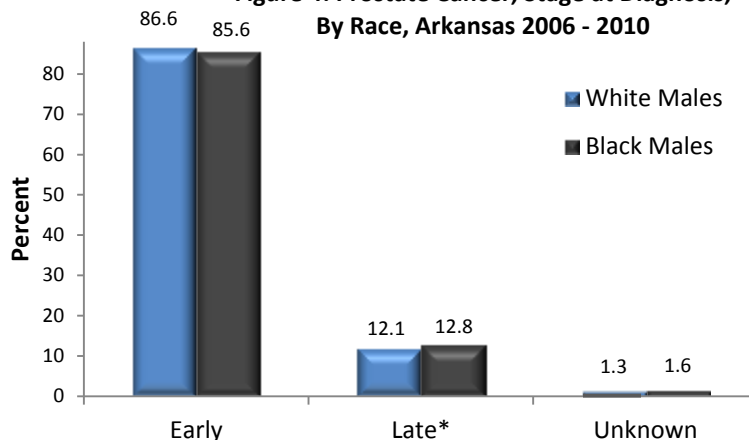
EARLY DETECTION OF PROSTATE CANCER

The prostate-specific antigen (PSA) blood test and digital rectal exam (DRE) are common methods for screening prostate cancer. Since 2006, screening using the PSA has slightly increased in Arkansas, see Figure 3.

In men younger than 75 years, the U.S. Preventive Task Force (USPTF) found inadequate evidence to determine whether treatment for prostate cancer detected by screening improves health outcomes compared with treatment after clinical detection. In men aged 75 or older, the USPTF found adequate evidence that the benefits of treatment for prostate cancer detected by screening are small to none.⁴

Other recommendations from the American Cancer Society suggest asymptomatic men who have at least 10-years of life expectancy have an opportunity to make an informed decision about screening with their health care provider.²

Figure 4: Prostate Cancer, Stage at Diagnosis, By Race, Arkansas 2006 - 2010



* Note: Late stage includes regional and distant stages of disease.
Source: Arkansas Central Cancer Registry

For more details about prostate cancer in Arkansas, see the 2011 Cancer Facts and Figures Report on the Arkansas Central Cancer Registry's website: <http://www.healthy.arkansas.gov/programsServices/healthStatistics/CancerRegistry/Pages/Data.aspx>

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